

# Overcoming Barriers

- There are many reasons why it can be difficult to fit physical activity into your busy life.
- Work, family, school, friends all need time and attention.
- Even the busiest person can fit 30 minutes of moderate-intensity physical activity into their day.
- Try some of the suggestions below.

## **Not enough time?**

### **Find time**

- Keep track of your daily activities for a few days.
- Find one or two 10 minute blocks when you can be active.
- Over time, increase to three 10 minute blocks or two 15 minute blocks.
- Create this time for yourself — you are worth it!

### **Add physical activity to your daily routine**

- Walk or ride your bike to work or shopping.
- Take the stairs instead of the elevator.
- Walk your dog or walk your neighbor's dog.
- Exercise while you watch TV.
- Park farther away from your destination.
- Walk during your lunch hour.
- Take fitness breaks instead of coffee breaks.
- Roll your wheelchair manually.
- Choose activities that do not take much time, such as walking, jogging, or stair climbing.

### **Plan ahead**

- Write down times to be physically active on your daily calendar.

## **Too many family demands?**

### **Invite friends and family members to be active with you**

- Make time with family members active time.
- Go for a walk together.
- Play tag or other running games.
- Get a dance tape for kids that you do together.
- Plan social activities involving exercise.



## **Don't have enough energy?**

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**Try activity at different times of the day — see when you have the most energy**

- Morning can be the best time before the demands of the day begin.
- Be sure to drink plenty of water.
- Daily activities count.
- When housecleaning, climbing stairs, or walking a distance from your car get your heart beating and count this as activity for the day.
- Once you get moving, your energy level will go up, so give it a try!

## **Afraid of getting injured?**

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**Learn how to exercise safely for your age, fitness, skill, and health level**

- Learn how to warm up and cool down to prevent injury.
- Wear comfortable, properly fitted footwear and comfortable, loose-fitting clothing appropriate for the weather and the activity.
- Choose activities that cause little harm, such as walking.

## **Not sure how to do something?**

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**Choose activities requiring no new skills, such as walking, climbing stairs, stretching**

- Exercise with friends or family members who are at the same skill level as you.
- Find a friend who is willing to teach you some new skills.
- Take a class to develop new skills.

## **Don't have the resources?**

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**Find free places in your community to be active**

- Walking trails.
- Shopping malls.
- Schools gyms or hallways for walking that are open after school hours.
- Park and recreation facilities.
- Worksite programs.

**Do something that takes minimal facilities or equipment, such as walking**

